

## II. Women's Health

### A. Weekend 8 Introduction

1. Women's health take into account almost all the systems, organs, and substances in Oriental medicine, as well and most al of the treatment techniques.
2. **Recommended Book Balance Your Hormones Balance Your Life: Claudia Welch**

### C. Name That Disharmony / Diagnosis Review

1. **A Patient Presents with the following signs and symptoms: Fatigue, loose stools, pale thin tongue with a white coat, pale and lusterless face, lack of appetite, weak limbs, and a weak and thin pulse.**
  - a) *What is the best working diagnosis for this patient?*
2. **A patient presents with the following signs and symptoms: chronic neck and shoulder tension, pain in rib cage, plumb pit throat, pain on palpation on lower left side of the abdomen, angry disposition, slightly purple tongue, wiry pulse.**
  - a) *What is the best working diagnosis for this patient?*
3. **A patient presents with the following signs and symptoms: Malaise, fatigue, palpitations, a weak thin pulse, forgetfulness, confusion, and pale thin tongue with white coat, a pale lusterless face, and a thin weak pulse.**
  - a) *What is the best working diagnosis for this patient?*
4. **A patient presents with the following signs and symptoms: insomnia (difficulty staying asleep), chronic dry, sore throat, malor flush, restlessness, palpitations, weak legs, low back pain, dark scanty urination, thin red tongue with a peeled coat, thin rapid pulse.**
  - a) *What is the best working diagnosis for this patient?*
5. **A Patient Presents with the following signs and symptoms: sore low back which feels better with heat, frequent clear copious urination, low sex drive, fatigue, pale face, weak and slow pulse, pale and puffy tongue with a wet coat.**
  - a) *What is the best working diagnosis for this patient?*

6. **A patient presents with the following signs and symptoms: asthma, restlessness, insomnia, dry stools with constipation, thin and rapid pulse, thin red tongue with no coat.**
- a) *What is the best working diagnosis for this patient?*
7. **A patient presents with the following signs and symptoms: insomnia (difficulty falling asleep), thin pale tongue especially at the center and tip, pale lusterless face, palpitations, chronic diarrhea, fatigue, thin weak pulse.**
- a) *What is the best working diagnosis for this patient?*

**D. Review Major Relevant Points from:**

- a) *Liver*
- b) *Spleen*
- c) *Kidney*
- d) *Heart*
- e) *Du*
- f) *Ren*
- g) *Chong*
- h) *Dai*
- i) *Lower Abdomen*

**E. Jing (Essence)**

1. **Tian Gui**
2. **“Minister Fire”/ “Motive Force”/ Mingmen fire**
3. **Stored in the Mingmen**
  - a) *Lower Dan Tian*
  - b) *Lower Field of Elixir*
  - c) *In Women it Includes The Uterus*
    - (1) Zi Bao, Bao Gong,
    - (2) Fetal Wrapper, Fetal Palace, Blood Chamber

d) *In men it includes the “Room of Sperm”*

4. **Kidneys**

a) *Store Jing*

b) *Relevant Kidney pathology*

- (1) Jing Deficiency
- (2) Qi / Yang Deficiency
- (3) Yin Deficiency

5. **Menarche/Menopause**

a) *“At 14 years if the Blood, Jing, Ren, and Chong are full, the Tian Gui (Heavenly Dew) descends”*

b) *“At 49 years when the Ren, Chong, Fluids, and Blood become insufficient the Tian Gui withdraws”*

**F. Blood**

1. **“Women’s physiology is rooted in blood. Men’s in Qi”**

2. **Conception Relies on Blood, from Mother**

- (1) Blood (post-natal Qi), essence (pre-natal Qi), Kid, LR, Ren, Chong, Yin

3. **In Pregnancy Blood nourishes fetus so it does not irrigate Chong.**

- (1) No menses
- (2) Blood becomes milk.

4. **Liver**

- (1) Responsible for smooth flow of Qi & Emotions
- (2) Stores Blood
  - (a) *Menstrual Blood and regular Blood*
- (3) Delivers Blood to uterus
- (4) Moves the Qi that moves the Blood
- (5) Channel flows through breasts
  - (a) *Breast pain & tenderness*

**a) *Relevant Liver Pathology***

- (1) LR Qi Stagnation
  - (a) *Yang rising*
  - (b) *Liver wind*
- (2) LR Blood Stagnation
- (3) LR Blood Deficiency
- (4) Heat in the Blood
- (5) Damp Heat in Liver channel

**5. Spleen**

- (1) Produces Qi & Blood
- (2) Closely associated with Liver
  - (a) *Amount of blood*
  - (b) *Timing of cycle*
- (3) Holds
  - (a) *Blood in the vessels*
  - (b) *Organs & Fetus in place*

**a) *Spleen Pathology***

- (1) SP Qi and Blood Deficiency
- (2) SP Qi and Blood Deficiency w/ Damp
- (3) SP Qi Not Holding (collapsed/sinking)

**6. Heart**

- (1) Governs Blood
  - (a) *Pumps it through the vessels*
  - (b) *Turns it red*
    - (i) *Personality/identity*
- (2) Bao mai
  - (a) *HT-UT connection*
- (3) Shen/ emotions

## 7. Stomach

- (1) Connected to Uterus via Chong Mai
- (2) Channel flows through breasts
  - (a) *Breast milk*

## G. **Extraordinary Vessels** (see pocket reference card at end of notes)

### 1. “Source of Creation” 1<sup>st</sup> channels in embryo

- a) *Du and Ren cut thru Dai, linking it w/ Ht, genitals, umbilicus and Chong*
- b) *Du, Ren, Chong Arise from Mingmen and flow thru uterus, D*

### 2. Primary Extraordinary Vessels

#### a) **Chong Mai (Penetrating Vessel)**

- (1) SP4 / PC6
- (2) Origin of all extraordinary vessels
- (3) Sea of blood
- (4) Controls menses
- (5) Access thru ST 30
- (6) Shares
  - (a) CV1 & 7
  - (b) KI 11 to 27
- (7) Perhaps determines pineal / transitory hormonal changes?
  - (a) *“The Chong rises to the forehead where it oozes into the Yang and irrigates the Yin”*

#### b) **Ren Mai (Conception Vessel)**

- (1) LU7 / KD6
- (2) Relate to int. and ext/ genitalia
- (3) Connect to yin, essence and fluids
- (4) Sea of yin channels
- (5) Hormonal gateway

#### c) **Du Mai (Governing Vessel)**

- (1)

- (2) SI 3 / UB 62
- (3) Rules the Yang

**d) *Dai Mai (Belt Vessel)***

- (1) GB 41 / SJ 5
- (2) Influences LR Qi flow
- (3) Harmonizes ascending and descending of both SP and K
- (4) Guides and supports Uterus Qi and Jing
- (5) Opens the Lower Warmer

**3. Secondary Extraordinary Vessels**

**a) *Yin/ Yang Qiao (Heel Vessels)***

- (1) Used for Excess patterns of LJ
  - (a) *Masses*
  - (b) *Fibroids*
  - (c) *Adhesions*
  - (d) *difficult delivery*
  - (e) *external genitalia*

**b) *Yin/Yang Wei (Linking Vessels)***

- (1) Calm mind /Shen

**c) *Nourish Blood***

**H. Essential Etiology**

**1. Exterior Pathogenic factors**

**a) *Cold***

- (1) Pain (Cramping Nature)
- (2) Warm it with moxa / TDP Lamp
- (3) Move it with acupuncture
- (4) Warm it with Herbs

**b) *Dampness***

- (1) Heaviness

- (2) Transform it by tonifying the Spleen
- (3) Vaporize it by tonifying the Kidneys
- (4) Circulate it with the Lungs

**c) Heat**

- (1) Enters the Blood
- (2) Cool it with Acupuncture or Herbs

**2. Internal: Emotions and Stress**

**a) Anxiety & Stress**

- (1) Most Common Cause of Stagnation
  - (a) Liver Qi & Blood
  - (b) Chong Mai
  - (c) Dai Mai
- (2) Spleen
  - (a) Blood Deficiency

**b) Emotional Stress @ Puberty**

- (1) Ren & Chong

**c) Sadness & Grief**

- (1) Ht
- (2) LR

**d) Worry**

- (1) SP

**e) Anger**

- (1) LR Qi Stagnation
- (2) LR fire

**f) Fear**

- (1) Kid

**g) Shock**

- (1) Ht, SP, Kid

- h) ***Guilt***
    - (1) Dai Mai
    - (2) Mostly KD and Ht
    - (3) Qi Stagnation or Deficiency or sinking
- 3. **Diet**
  - a) ***Blood & Qi Deficiency***
  - b) ***Dampness Collects***
- 4. **Overwork/exercise = too long w/o good rest, diet**
  - a) ***KD Yin Deficiency***
- 5. **Pregnancy & Childbirth**
  - a) ***Not enough rest after***
  - b) ***Pre-existing Blood and/or KD Deficiency***
  - c) ***Blood Deficiency***
- 6. **Abortion**
  - a) ***Blood Stagnation***
  - b) ***Blood & Qi Deficiency***
  - c) ***KD Deficiency***
- 7. **Excess or Deficiency of Sexual activity**
  - a) ***Excess: During puberty, During period, During pregnancy***
    - (1) KD Deficiency
  - b) ***Deficiency: Repression***
    - (1) LR Qi Stagnation
- 8. **C-Sections, Other Abdominal Surgeries, & Hysterectomies**
  - a) ***Disruption of***
    - (1) Ren
    - (2) Chong



(3) Dai

**b) *Blood Stagnation***

(1) Adhesions

**c) *Spleen and Kidney Deficiencies***

**9. Contraceptive pills & shots**

**a) *Unpredictable***

**I. *Essential Diagnosis***

(1) Menstrual phase

(a) *Blood moving*

(b) *Liver Qi*

(c) *Liver Blood*

(i) Scanty: move blood

(ii) Heavy: Stop bleeding

(2) Post-menstrual phase

(a) *Blood/ Yin Deficiency*

(b) *Depleted Chong and Ren*

(c) *Western: follicle grows, estrogen levels rise due to FSH direction*

(i) Nourish Liver blood and K yin

(3) Mid-cycle phase

(a) *Blood and Yin gradually fill up in the Chong and Ren*

(b) *Western: ovulation. Ovum released from follicle and corpus luteum develops due to LH*

(i) Promote ovulation by nourishing k Jing

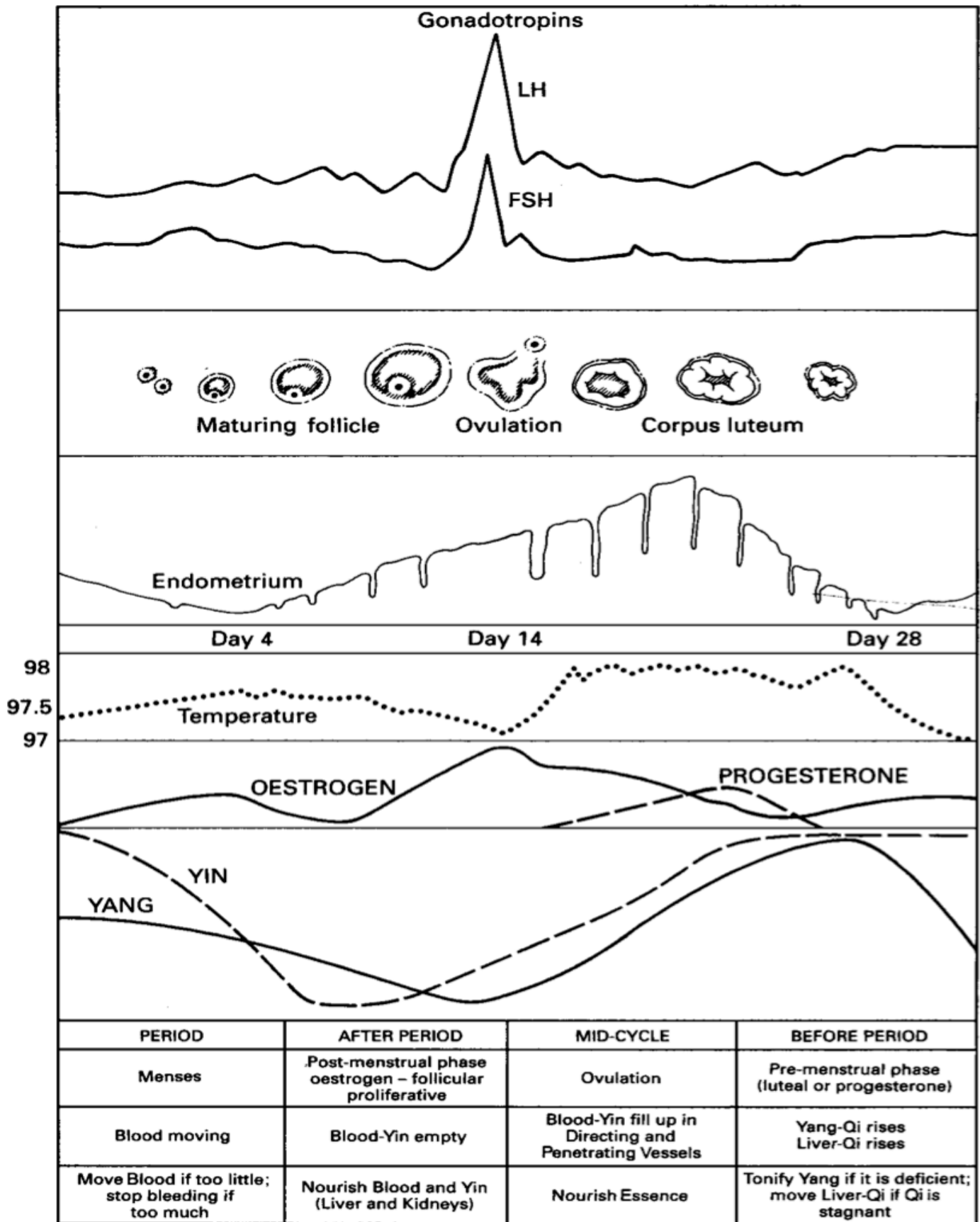
(ii) [also TX Du, Ren, Chong, due to their hormonal connection]

(4) Pre-menstrual phase

(a) *Yang Qi rises*

(b) *Liver Qi gears up to move liver blood*

(c) *Tonify Yang if Deficiency / Move Liver Qi if stagnant*



The 4 Phases of the Menstrual Cycle

Excerpted from *Obstetrics & Gynecology in Chinese Medicine* : Giovanni Maciocia

2. **First identify the differentiated dz. Then the pattern.**

3. **Questioning:**

*a) Menstruation*

- (1) Menarche
- (2) Cycle
- (3) Amount
- (4) Color
- (5) Consistency
- (6) Pain
- (7) PMS
- (8) Pain
- (9) Vaginal discharge
- (10) Fertility and pregnancy
- (11) Childbirth
- (12) Miscarriage and abortion
- (13) Other

4. **Palpation**

*a) Pulse*

- (1) Fast
  - (a) *Hot*
- (2) Slow
  - (a) *Yang Deficient Cold*

*b) Abdomen and Muscles*

- (1) Lack of integrity
  - (a) *Deficiency of Spleen and Kidney*
- (2) Congestion in the Tissues
  - (a) *Masses / Fibroids*

## 5. Observation

### *a) Complexion & Lips*

- (1) Pale
  - (a) *Deficiency*
- (2) Red
  - (a) *Heat*

### *b) Tongue*

- (1) Body color
  - (a) *Pale*
    - (i) Deficiency
  - (b) *Red*
    - (i) Heat
- (2) Shape
  - (a) *Puffy*
    - (i) Qi or Yang Deficiency
  - (b) *Thin*
    - (i) Blood or Yin Deficiency
- (3) Coating
  - (a) *Yellow*
    - (i) Heat
  - (b) *White*
    - (i) Not Hot
  - (c) *Sticky/Greasy*
    - (i) Dampness
  - (d) *No Coat / Peeled*
    - (i) Yin Deficiency

**c) Odor**

- (1) Vaginal discharge / Menstrual Blood
- (2) Strong or unpleasant odor
  - (a) Heat
- (3) NO Strong or unpleasant odor
  - (a) Not Hot

**J. Treatment of the Most Common Disharmonies**

**1. Castor Oil Packs/Massage**

- a) *Move Stuck Qi, Blood, & Phlegm*

**2. Warm Oil Massage (Abhyanga)**

- a) *Tonify Yin & Quell Wind*

**3. Treatment of internal organs**

**a) Kidneys**

- (1) Tonify Yang
  - (a) *Du Mai: SI 3 & UB 62*
  - (b) *General Points:*
    - (i) KD3, UB23, DU4, REN4, KD16
      - (a) *All with moxa and needles*
  - (c) *Basic Herbal Patent Formula:*
    - (i) Jin Gui Shen Qi Wan
- (2) Tonify Yin
  - (a) *Ren Mai: LU7, KD 6*
  - (b) *General Points:*
    - (i) KD7, UB23, DU4, REN4, KD16
      - (a) *All with needles*
  - (c) *Basic Herbal Patent Formula:*
    - (i) Liu We Di Haung Wan
    - (ii) Yin Deficiency/Heat

(a) *Wise Women's Well (K'an)*

(b) *Two Immortals (Health Concerns)*

(3) Tonify Yin and Yang

(4) Conserve Jing (the basis of Yin & Yang)

(a) *Diet/Lifestyle*

**b) *Liver***

(1) Nourish Yin and Blood

(a) *General Points:*

(i) LR3, UB18, DU8, LR14

(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) Yin: Liu We Di Haung Wan

(ii) Blood: Ba Zhen Tang

(2) Soothe LR Qi

(a) *General Points:*

(i) LR 3, GB41, GB34, UB18, DU8, LR 14

(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) Xiao Yao Wan

(3) Move LR Blood

(a) *General Points:*

(i) LR 3, LR 8, UB18, DU8, LR 14

(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) **Tong Jing Wan**

(a) ***(Calm in the Sea of Life Pills)***

(4) Clear LR heat / fire

(a) *General Points:*

- (i) LR 1, LR 2, UB18, DU8, LR 14
  - (a) *All with needles*
- (b) *Basic Herbal Patent Formula:*
  - (i) Long Dan Xie Gan Wan
    - (a) *Very Cold / Caution*
- (5) Quell LR Wind
  - (a) *General Points:*
    - (i) LR 3, GB34, GB20, UB18, DU8, LR 14
      - (a) *All with needles*
- c) *Spleen*
  - (1) Tonify SP Qi and Blood
    - (a) *General Points:*
      - (i) SP3, SP6, ST36, UB20, DU6, REN6,
        - (a) *All with moxa and needles*
      - (ii) REN8
        - (a) *Moxa only*
    - (b) *Basic Herbal Patent Formula: Ba Zhen Wan or Gui Pi Wan*
  - (2) Raise SP Qi
    - (a) *General Points:*
      - (i) DU20,
        - (a) *Moxa Only*
      - (ii) SP3, SP6, ST36, REN6, REN8
        - (a) *All with moxa and needles*
    - (b) *Basic Herbal Patent Formula:*
      - (i) Bu Zhong Yi Qi Wan
        - (a) **Not for long term use**
  - (3) Harmonize SP and LR
    - (a) *General Points:*

- (i) SP6, LR3, LR13, UB18, UB20
        - (a) *All with needles*
      - (ii) REN8
        - (a) *Moxa Only*
    - (b) *Basic Herbal Patent Formula:*
      - (i) Xiao Yao Wan
  - (4) Tonify the SP and Resolve Damp
    - (a) *Diet Is Most Important*
    - (b) *General Points:*
      - (i) SP3, SP6, ST36, UB20, DU6, REN6,
        - (a) *All with moxa and needles*
      - (ii) REN8
        - (a) *Moxa only*
    - (c) *Basic Herbal Patent Formula:*
      - (i) Lui Jun Zi Wan
- d) Ht**
  - (1) Tonify Blood Deficiency
    - (a) *General Points:*
      - (i) Ht7, SP6, St36, UB20, UB15
        - (a) *All with needles*
      - (ii) REN8
        - (a) *Moxa Only*
    - (b) *Basic Herbal Patent Formula:*
      - (i) Gui Pi Wan or Suan Zao Ren Wan
  - (2) Tonify Yin Deficiency
    - (a) *General Points:*
      - (i) Ht7, KD3, LR3, UB15, UB23, UB18



(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) Gui Pi Wan or Suan Zao Ren Wan

e) ***Uterus***

(1) Warm Cold

(a) *General Points:*

(i) REN2, KD11, SP12, ST30, REN4, REN6

(a) *All with needles and Moxa*

(ii) REN8

(a) *Moxa Only*

(b) *Basic Herbal Patent Formula:*

(i) Moxa Most Important Here

(2) Move Blood

(a) *General Points:*

(i) LR3, SP8, UB31-34, UB23, REN2, KD11, SP12, ST30, REN4, REN6

(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) **Tong Jing Wan**

(3) Move QI

(a) *General Points:*

(i) LR3, SP6, UB31-34, UB23, REN2, KD11, SP12, ST30, REN4, REN6

(a) *All with needles*

(b) *Basic Herbal Patent Formula:*

(i) Xiao Yao Wan

## **K. Specific Disorders**

### **1. Menstrual Irregularities**

#### ***a) Most Common Tx principles***

- (1) Harmonize Dai, Chong, & Ren
- (2) Harmonize Liver
- (3) Tonify Blood
- (4) Tonify Spleen
- (5) Tonify Kidneys
- (6) Move (invigorate) Blood

#### ***b) Early periods***

- (1) Cycle less than 28 days
- (2) etiology and pathology
  - (a) *Qi Deficiency*
  - (b) *Blood heat*
    - (i) Full
    - (ii) empty
- (3) Differentiation and tx
  - (a) *SP Qi Deficiency*
  - (b) *KD Qi Deficiency*
  - (c) *Full heat from LR Qi Stagnation turning to fire w/ Blood heat*
  - (d) *Empty heat from LR and KD Yin Deficiency*

#### ***c) Late periods***

- (1) >28-30 day cycles
- (2) Etiology and pathology
  - (a) *Pregnancy*
  - (b) *Blood Deficiency*
  - (c) *Cold in the uterus*
    - (i) Full cold

- (ii) Empty cold
  - (a) *KD Yang Deficiency*
- (d) *Qi stag*

**d) *Irregular Periods***

- (1) Sometimes early; sometimes late
  - (a) *Not pathological, immediately pre-menopausal.*
- (2) Always related to LR., and often to KD
- (3) Etiology & Pathology
  - (a) *Emotional stress*
    - (i) LR Qi stag
    - (ii) LR Blood Deficiency
  - (b) *Overwork, too many children too close together*
    - (i) KD Yang Deficiency
    - (ii) KD Yin Deficiency

**e) *Heavy periods***

- (1) Periods that occur regularly but are heavier than normal
  - (a) *Can be subjective (30-80ml is broad range)*
- (2) Etiology and pathology:
  - (a) *Qi Deficiency*
  - (b) *Blood Heat*
  - (c) *Secondarily*
    - (i) Blood stasis

**f) *Scanty periods (not “late”)***

- (1) Bleeding is very light, or lasts only 2-3 days
- (2) Etiology and pathology
  - (a) *Blood Deficiency (of the liver, mostly)*
  - (b) *KD Yang Deficiency:*
  - (c) *KD Yin Deficiency:*

- (d) *Stasis of Blood*
- (e) *Phlegm obstructing the uterus*

**g) *Long periods***

- (1) Prolonged bleeding which may last 7-10 days w/ normal amt of bleeding and reg. cycle
- (2) Etiology and pathology
  - (a) *Qi stag and Blood stasis*
  - (b) *KD Yin Deficiency w/ empty heat*

**h) *Painful periods***

- (1) Diagnosis
  - (a) *LR Qi stagnation*
  - (b) *Blood Stasis*
  - (c) *Cold in Uterus*
  - (d) *Pain May be Secondary to:*
    - (i) *Damp-Heat*
    - (ii) *Stag LR Qi turns to fire*
    - (iii) *Qi, Blood, and or Yin Deficiency:*

**i) *Bleeding Between Periods***

- (1) *SP/KD Yang Deficiency*
- (2) *Blood stasis*
- (3) *Damp Heat*
- (4) *LR and KD Yin Deficiency w/ empty heat*

**j) *No Periods***

- (1) *Blood Deficiency*
  - (a) *Ht and SP Blood Deficiency*
- (2) *SP and KD Yang Deficiency*
- (3) *LR and/or HT and/or KD Yin Deficiency*
- (4) *Stag of Qi and Blood*

(5) Damp-Phlegm in Uterus

**k) *Flooding and Trickling***

(1) “beng lou”

(a) *beng = flooding, bursting through*

(b) *lou = trickle metorrhagia*

(2) Be sure to take the common western differentiations into consideration:

(a) *carcinoma of the cervix*

(b) *carcinoma of the uterus*

(c) *myomas*

(d) *endometriosis*

(e) *endometrial polyps*

(3) There can be mixes of conditions (full and empty together)

(a) *Full Blood Heat*

(b) *Liver Qi stag Turning into Heat*

(c) *Stasis of blood*

(d) *Damp Heat in the Uterus*

(e) *SP not Holding Blood*

(f) *KD Yang Deficiency*

(g) *KD Yin Deficiency*

**2. Yeast Infections**

**a) *Dampness in the Lower Warmer***

(1) Dai Mai, Lower Warmer Points

(a) *Cold*

(i) LR 3, KD 3, LR 5

(ii) Er Chen Wan

(iii) Wen Dai Tang

(b) *Heat*

(i) LR 2, KD 2, LR 5

- (ii) Yu Dai Wan
- (iii) Long Dan Xie Gan Wan

### 3. Genital Herpes

#### a) *Damp Heat in the LR Meridian*

- (1) LR 2, KD 2, LR 5
- (2) Long Dan Xie Gan Wan

### 4. Problems at Period time

#### a) *PMS*

- (1) LR Qi stag
  - (a) *Prognosis and Prevention*
- (2) Secondary
  - (a) *LR blood Deficiency*
  - (b) *SP and KD Yang Deficiency*
  - (c) *LR and KD Yin Deficiency*
  - (d) *Phlegm fire harassing upwards*

#### b) *Pre-Menstrual Breast distension*

- (1) Etiology
- (2) LR Qi stag
  - (a) *Liver Blood Stasis*
- (3) Secondary
  - (a) *Phlegm with Qi Stag*
  - (b) *LR and KD Yin Deficiency*

#### c) *Headaches*

- (1) Blood Deficiency
- (2) Secondary
  - (a) *Liver Fire Blazing*
  - (b) *Liver Yang Rising*
  - (c) *Blood Stasis*

**d) *Edema at period time***

- (1) Face, hands, lower legs, ab. Usually before the period
- (2) LR Qi Stagnation

**e) *Diarrhea: Before, during or after period***

- (1) SP Qi Deficiency
- (2) Liver Qi stagnation invading the Spleen
- (3) KD Yang Deficiency

**f) *Dizziness at Period Time***

- (1) Includes blurry vision and may occur before, during or after the period
- (2) Blood Deficiency
- (3) KD and LR Yin Deficiency w/ Liver yang rising
- (4) Phlegm w/ SP Qi Deficiency

**5. Diseases of Pregnancy**

**a) *Cautions & Contraindications of Pregnancy***

- (1) If a Woman Is or May Be Pregnant
- (2) Forbidden Points:
  - (a) *LI4 & SP6*
  - (b) *GB 21, UB 67, UB 60*
  - (c) *Any strong downward moving treatment*
  - (d) *Points Below Umbilicus, Any Time During Pregnancy*
  - (e) *Points Below Ren 12, Any Time After the First Trimester*
- (3) Forbidden Treatments
  - (a) *Do Not Cause Sweating*
    - (i) No Diaphoretic Points or Herbs
  - (b) *Do Not Promote Downward Motion*
    - (i) No Purgative Points or Herbs
  - (c) *Do Not Promote Urination W/ Herbs That Drain Damp*
    - (i) No Diuretic Points or Herbs

**b) *Restless Fetus***

(1) Kidney 9

(a) *“Happy Baby Point” Dr. So: needle at end of first and second trimester – baby will not have colic, and will respect his/her parents*

(b) *Located 5 cun superior to KD 3*

**c) *Morning Sickness***

(1) Chong Mai Disturbance

(2) Secondary

(a) *Accumulation of Phlegm*

(b) *Stomach Qi Deficiency w/ empty cold*

(c) *St Yin Deficiency*

(d) *Stagnant Liver Qi invading the St*

(e) *St Heat*

(f) *Ht Qi Deficiency*

(g) *HT Fire*

**d) *Abdominal pain***

(1) Usually not severe but rule out ectopic pregnancy or threatened miscarriage.

(2) “relatively frequent during pregnancy”

(3) Qi Stagnation

(4) Blood Deficiency

(5) Empty Cold

**e) *Breech Baby***

f) UB 67

**g) *Threatened miscarriage***

(1) TCM Types

(a) *Miscarriage Already Taking Place*

(i) Severe ab pain, uterine contractions and profuse vaginal bldg. W/ passing clots/ tissue and. Os of cervix is dilated



- (b) *“You Jing” = “Swimming Menses”*:
  - (i) a harmless vaginal bleeding during the 1<sup>st</sup> month of pregnancy
- (c) *Toi Lou = “Vaginal Bleeding during Pregnancy”*:
  - (i) threatened miscarriage, w/ vaginal bleeding
- (d) *Tai Dong Bu An = “Restless Fetus”*:
  - (i) threatened miscarriage, w/ vaginal bleeding, backache, abdominal pain and a bearing-down feeling
- (e) *Duo Tai = “Falling Fetus”*:
  - (i) miscarriage w/in the first 3 months
- (f) *Xiao Chan / Ban Chan = Small Labor” or “Half Labor”*:
  - (i) miscarriage after 3 months
- (g) *Hua tai = “Slippery Fetus”*:
  - (i) habitual miscarriage

(2) Etiology:

- (a) *Qi and Blood Deficiency*
- (b) *Blood Heat*
- (c) *Ren, Du, and/or Chong weakness,*
  - (i) may be manifesting as KD Deficiency
- (d) *Falls, trauma*
  - (i) injure the Ren and Chong

(3) Tx: Treat the Root and “Calm the Fetus” and tonify Chong and Ren

**h) *Constipation during Pregnancy***

- (1) Common. Can't use purging or downward Qi promoting herbs or points
- (2) Etiology:
  - (a) *Blood Deficiency*
  - (b) *Liver- Qi stag*
  - (c) *KD Yang Deficiency*
  - (d) *KD Yin Deficiency*

**6. Diseases after childbirth:**

**a) *Postpartum Depression***

- (1) Ht Blood Deficiency
- (2) Secondary
  - (a) *Ht Yin Deficiency*
  - (b) *Ht Blood Stasis*

**b) *Abdominal pain after childbirth***

- (1) Blood Deficiency
- (2) Blood Stasis
- (3) Retention of Food

**c) *Persistent Discharge of lochia***

- (1) >6 Weeks
- (2) Qi Deficiency
- (3) Blood Stasis
- (4) Blood-Heat

**d) *Lochial retention***

- (1) Qi and Blood stagnation
- (2) Stagnation of Cold and stasis of Blood

**e) *Prolapse and Hemorrhoids after Childbirth***

- (1) Blood Deficiency
- (2) Spleen Qi Sinking
- (3) Kid-Yang Deficiency

**f) *Constipation after Childbirth***

- (1) Blood Deficiency
- (2) Spleen Qi Deficiency
- (3) Kid-Yang Deficiency
- (4) Kid-Yin Deficiency

**g) *Breast Milk not Flowing / Acute mastitis***

(1) Qi & Blood Deficiency

(2) Liver-Qi stagnation

(3) Acute Mastitis:

(a) *Toxic Heat affecting the Liver, St and GB*

**7. Infertility**

**a) *Chong Mai, Dai Mai,***

**b) *KD Yang Deficiency, KD Yin Deficiency***

**c) *Qi & Blood Deficiency***

(1) Tonify Spleen, Tonify Kidney

**d) *Cold in Uterus***

**e) *Qi Stagnation***

**f) *Stasis of Blood***

**g) *Dampness in the Lower Jiao***

**h) *Blood Heat***

**i) *Note: Male infertility can be from any of the above, but is usually KD Yang Deficiency***

**8. Breast lumps**

**a) *Liver Qi Stag***

**b) *Disharmony of Ren and Chong***

**c) *Spleen Yang Deficiency w/ Phlegm***

**9. Abdominal Masses**

**a) *Qi masses***

(1) Liver Qi stag

(2) Retention of Food and Phlegm

**b) *Blood masses***

(1) Stagnation of Qi and Blood

**10. Polycystic ovary disease**

- a) KD Yang Deficiency, Phlegm, Dampness and Blood Stasis*

**11. Menopause**

- a) KD Yin Deficiency*
- b) KD and Liver Yin Deficiency w/ Liver Yang rising*
- c) KD Yin and/or KD Yang Deficiency*
- d) KD and Ht not harmonized*

**12. Osteoporosis**

- a) Kidney Yin, Yang, or Jing Deficiency*

**L. Women's Health: Name That Disharmony: Final Review**

- 1. A 24 year old woman presents with the following signs and symptoms: excessive menstrual bleeding, the menstrual flow is pale and dilute, the patient also has loose stools, fatigue, pale thin tongue with a white coat, pale and lusterless face, lack of appetite, weak limbs, and a weak and thin pulse. What is the best working diagnosis for this patient?**
- 2. A 24 year old woman presents with the following signs and symptoms: PMS mood swings, severe tenderness, and abdominal pain all increasing until the first day of bleeding; chronic neck and shoulder tension, pain in rib cage, plumb pit throat, pain on palpation on abdomen lower left side, slightly purple tongue, wiry pulse. What is the best working diagnosis for this patient?**
- 3. A 36 year old woman presents with the following signs and symptoms: postpartum depression, fatigue, palpitations, a weak thin pulse, forgetfulness, confusion, pale thin tongue with white coat. and a pale lusterless face. What is the best working diagnosis for this patient?**
- 4. A 48 year old woman presents with the following signs and symptoms: insomnia, chronic dry, sore throat, malor flush, restlessness, palpitations, weak legs, low back pain, dark scanty urination, thin red tongue with a peeled coat, thin rapid pulse. What is the best working diagnosis for this patient?**
- 5. A 48 year old woman presents with the following signs and symptoms: lowered libido, sore low back which feels better with heat, frequent clear copious urination, , fatigue, pale face, weak and slow pulse, pale and puffy tongue with a wet coat. What is the best working diagnosis for this patient?**
- 6. A 36 year old woman presents with the following signs and symptoms: asthma, restlessness, insomnia, dry stools with constipation, thin and rapid pulse, thin red tongue with no coat. What is the best working diagnosis for this patient?**
- 7. A 24 year old woman presents with the following signs and symptoms: excessive white leucorrhea, fatigue , chronic diarrhea, palpitations, thin pale tongue with a greasy white coat, pale lusterless face, thin weak and slippery pulse. What is the best working diagnosis for this patient?**

### M. Women's Health Reference Tables

Mai	Master Point	Coupled Point	Women's Health Indications	Coalescent Points
Chong	SP4	P6	<b>Controls Menses:</b> Regulates Menstrual Quantity & Flow, Enters Uterus	REN 7, 1, ST 30, K 11- KI 27
Ren	LU7	KD6	<b>Yin Aspects of Fertility/Conception:</b> Regulates Hormones w/Du, Menstrual Timing Int. & Ext. Genitalia	REN 2- 15, S1, DU28
Du	SI3	UB62	<b>Governs the Yang of fertility &amp; Conception</b> Regulates Hormones with the Ren Mai (thru hypothalamus & Pituitary & adrenals)	DU 2-4 B12, REN1
Dai	GB41	SJ5	<b>Opens Lower Warmer:</b> Moves Liver Qi Resolves Damp Heat and Damp Cold in Lower Warmer	GB 26, 27 & 28
Yang Wei	SJ5	GB41	Nourish Blood Calm the Mind, Affect the Heart	GB 13 – 21, DU 15 & 16, SJ 15, SI 10, GB 35, UB 63,
Yin Wei	P6	SP4		K 9, LR 14, SP 13, 15 & 16, REN 22 & 23
Yang Qiao	UB62	SI3	Secondary for Masses, Fibroids, Adhesions, (Excess in Lower Warmer)	UB 1, 59 & 61, GB 20 & 29, SI 10, LI 15 & 16, ST 1, 3 & 4,
Yin Qiao	KD6	LU7		UB 1, ST 9, KI 8

Condition	Common Formula
Blood Stagnation	Tong Jing Wan
LR Qi Stagnation	Xiao Yao Wan
Qi & Blood Deficiency	Ba Zhen Tang
LR Blood Deficiency	Suan Zao Ren
HT & SP Blood Deficiency	Gui Pi Wan
Sp Qi Deficiency Sinking	Bu Zhong Yi Qi Wan
LR / GB Damp Heat	Long Dan Xie Gan Wan
LR / KD Yin Deficiency	Lui Wei Di Huang Wan
KD Yang Deficiency	Jin Gui Shen Qi Wan
Stop Bleeding / Move Blood	Yunan Bai Yao
Yin Deficiency/Heat.	Wise Woman's Well (K'an) Two Immortals (Health Concerns)